

**Fall 2006**



# **Southwest Swimming Pool**

**Swim Lessons \* Fitness Programs \* Family Swims**



## **Table of Contents**

Hours of Operation, Program Closures.....	2
General Information.....	3
Daily Schedule.....	4
Amenities, 2006 Fees & Charges.....	5
Recreational Programs.....	6
Fitness Programs .....	7
Pool Rentals .....	8
Lesson Details .....	9
Lesson Schedule .....	10 – 11
Registration Policies .....	12
Registration Form .....	13
Specialty Lessons.....	14
Special Events.....	15
Map.....	Back Cover

**2801 SW Thistle St \* Seattle, WA 98126 \* 206.684.7440**  
**[www.seattle.gov/parks/aquatics/swpool.htm](http://www.seattle.gov/parks/aquatics/swpool.htm)**



**REGISTER ONLINE . it's easy!**  
**[www.seattle.gov/parks](http://www.seattle.gov/parks)**



**SPARC**

## Southwest Swimming Pool

Ph: (206) 684-7440

Fax: (206) 233-7295

2801 SW Thistle St

Seattle, WA 98126

[www.seattle.gov/parks/aquatics/swpool.htm](http://www.seattle.gov/parks/aquatics/swpool.htm)

## September 5 – December 31, 2006

**Pool closed 9/25 – 10/8 for  
maintenance.**

### Business Hours of Operation

Monday	Noon – 8:30 p.m.
Tuesday	Noon – 9:30 p.m.
Wednesday	Noon – 8:30 p.m.
Thursday	Noon – 9:30 p.m.
Friday	Noon – 8:00 p.m.
Saturday	9:30 a.m. – 2:00 p.m.
Sunday	11:00 a.m. – 6:00 p.m.

### Holiday Closures

September 4	Labor Day
November 10	Veterans' Day
November 23 & 24	Thanksgiving Holiday
December 25	Christmas Day
January 1	New Year's Day

**Closed for Swim Meets  
from 3:00 to 5:30 p.m.  
on the Following Dates:**

Tuesday, September 12  
Tuesday, October 10  
Friday, December 1; Tuesday, December 5; and  
Friday, December 15

### Mission Statement

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

## Professional Staff

### Superintendent

Kenneth R. Bounds

### Operations Division Director

Christopher Williams

### Aquatic Manager

Kathy Whitman

### Senior Aquatics Coordinator

Patsy Siegismund

### Aquatic Center Co-Coordination

Nancy Eisner

Diane Jones

### Assistant Aquatic Center Coordinator

Matt Richardson

### PPT Cashiers

Matt McLaughlin

Gidgette Turlington

### Senior Lifeguards

Mark Cantrell

Taryn Perdue

### PPT Lifeguard

Clare Thode

### Pool Operator

Mark Sears

## Suggestions?

We welcome your ideas. If you want to suggest a new class or if you have an idea you think would benefit us or our community in general, please let us know.

### Volunteer Swim Instructor Aide

Looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a 1-hour block of time twice a week during our lesson program. All volunteers must be at least 15 years old and have passed American Red Cross swim lesson levels 1 – 6. A complete background check and volunteer orientation will also be required.

# General Information

---

## Anti-Discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

## Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## Taxes

Class and program fees listed in this brochure include sales tax where applicable in accord with current provisions of the state legislature of Washington.

## You Can Make A Difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the 3rd Thursday the month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

## Southwest Advisory Council

### President

Jayne McIntyre

### Treasurer

Bruce Bentley

### Members

Kathleen Perez-Hureauux

Lynda McLeod

Tom Foley

## Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

## Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. Parks and Recreation offer scholarships for qualified applicants under low income guidelines. To apply for a scholarship, please talk to a member of our staff.

## Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

## Fees and Charges

Parks and Recreation fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from Parks and Recreation activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

## More Information

For more information about Seattle Parks and Recreation, call our Public Information Line, 206.684.4075 or visit our web site at [www.seattle.gov/parks.htm](http://www.seattle.gov/parks.htm)



# Southwest Pool Daily Schedule Fall 2006



## Mondays and Wednesdays

6:00 – 7:30* a.m.	Early Morning Lap Swim
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 2:00	Adult Lessons
2:00 – 2:30	Home School Lessons (Mondays)
3:00 – 4:00**	Lap Swim
4:00 – 5:30	Swim Lessons
5:30 – 6:30	Lap Swim
5:30 – 6:30	Masters Workout
6:30 – 7:30	Swim Lessons
6:30 – 7:15	Springboard Diving
7:30 – 8:15	Hydro – Fit (deep end)
7:30 – 8:30	Shallow end Public Swim

## Tuesdays and Thursdays

Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 2:15	Sr. Adult Water Exercise
4:15 – 5:00	Competitive Stroke Class
4:30 – 5:00	3 Years Old Lessons
5:00 – 6:00	Lap Swim
6:00 – 7:30	Swim Lessons
7:30 – 8:30	Public Swim
8:30 – 9:15	Hydro – Fit (deep end)
8:30 – 9:15	Adult Water Aerobics (shallow end)

## Fridays

6:00 – 7:30* a.m.	Early Morning Lap Swim
Noon – 1:30 p.m.	Adult & Senior Swim
1:30 – 2:30	Family/Lap Swim
3:00 – 4:00**	Lap Swim
4:30 – 5:30	Public Swim
5:30 – 7:00	Lap Swim
6:00 – 7:00	Masters Workout
7:00 – 8:00	Family Swim
8:00 – 10:00	Rentals (Call to Schedule)

\* Admission to EMLS by swim ticket only. This can be purchased during regular business hours, or in the morning with a check, only.

\*\* Starting November 13, the M/W/F 3 – 4 p.m. lap swim will end until mid-February 2007 due to high school swim team practice.

## E-Brochures Are Available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at [www.seattle.gov/parks/aquatics/swpool.htm](http://www.seattle.gov/parks/aquatics/swpool.htm). You can find this brochure information online.

## Saturdays

9:30 – 10:30 a.m.	Lap Swim
9:30 – 10:30	Youth Fitness Workout
10:30 – 11:00	Private Lessons
10:30 – Noon	Swim Lessons
Noon – 1:00 p.m.	Lap Swim
Noon – 1:00	Triathlete Training
1:00 – 2:00	Public Swim
2:00 – 10:00	Rentals (Call to Schedule)

## Sundays

11:00 – 12:30 p.m.	Adult & Senior Swim
12:30 – 2:00	Swim Lessons
2:00 – 3:00	Family Swim
3:00 – 4:00	Special Pops Lessons
4:00 – 5:00	Public Swim
5:00 – 6:00	Lap Swim
6:00 – 10:00	Rentals (Call to Schedule)

## Pool Closed

<b>Labor Day</b>	<b>9/4</b>
<b>Maintenance Closure</b>	<b>9/25 – 10/8</b>
<b>Veterans' Day</b>	<b>11/10</b>
<b>Thanksgiving</b>	<b>11/23 &amp; 11/24</b>
<b>Christmas Day</b>	<b>12/25</b>
<b>New Year's Day</b>	<b>1/1</b>



## Amenities/Fees & Charges



### Merchandise for Sale

Goggles	\$5.00 – 20.00
Shampoo	\$6.00
Conditioner	\$6.00
Swim Caps	\$4.00 – 8.00
Nose Plugs	\$4.00
Ear Plugs	\$4.00
Wave Webs	\$14.00
Stretch Bands	\$4.50
Bottled Water	\$1.00
Dive Rings	\$5.00
Reusable Swim Diapers	\$7.00
Little Swimmer Diapers	\$1.50

### Prescription Goggles

\$20.00

Ask us about it!

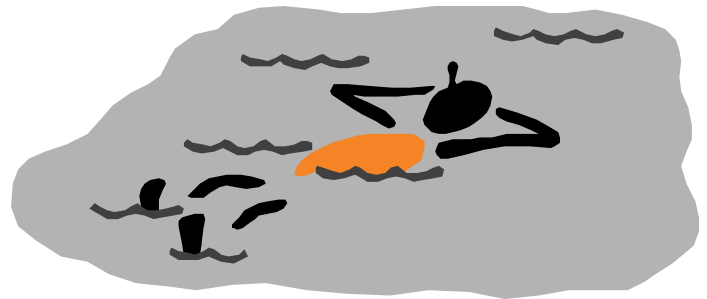


### Facility Fees & Charges

Youth (1–18)	\$2.75
Adult (19–64)	\$3.75
Senior Adult (65 & over)	\$2.75
Special Population	\$2.75
Masters Workout	\$4.75
Water Exercise/Hydro-Fit	\$4.75
Sr. Adult Water Exercise	\$3.00
Non-Recreation Spa, Weights, Sauna Use	\$3.75
Spa (in addition to swim)	\$0.50
Recreation Pass (save \$2.00)	\$20.00
Fitness Pass (save \$3.00)	\$30.00
Fast Pass Adult (one month unlimited)	\$45.00
Fast Pass Senior/Youth (one month unlimited)	\$35.00
Water Equipment Rental	\$1.50
Showers	\$3.75

### 13-Station Universal Gym

We offer a 13-station universal gym on the pool deck. Use of the weights is free with admission. Youth under age 16 may not use the weights. Sixteen and seventeen-year-olds using the weights must be supervised by an adult. Patrons must be dry and proper workout attire is required to use the weights.



### Therapy Spa & Sauna

Our therapy spa and sauna are available for use during all normal operating hours. The sauna is free with your paid admission fee. The spa is an additional 50¢ during recreational times. To use just the spa during non-recreational swim times, the cost is \$3.75 for adults and \$2.75 for Seniors (age 65+). Please Note: Youth under the age of 13 are not allowed into the spa without an accompanying adult. Children are not permitted in the sauna.

### Things To Know

Pool Dimensions: 25 yards x 15 yards  
 Water temperature: 85° F  
 Spa temperature: 102° F  
 72 lengths = 1 mile  
 Family changing room available  
 Pool lift and portable steps for non-ambulatory patrons



# Recreational Programs

## Adult/ Senior Adult Swim

A recreational swim period for adults 19 years and over. Fast, medium, and easy lanes available for fitness swimming plus an open area for water walking or exercise.

**Please Note:** All lanes will be in during busy times.

<b>Monday – Friday</b>	<b>Noon – 1:30 p.m.</b>
<b>Sunday</b>	<b>11 a.m. – 12:30 p.m.</b>

## Height Requirement

Children under the age of 6 years or under the height of 48" must be directly supervised in the water by an adult on a one-to-one ratio. The adult must stay within arms reach of the child at all times.

## Lap Swim

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels. ***Some lanes may be reserved for private lessons.***

<b>M/W/F*</b>	<b>6:00 – 7:30 a.m.</b>
<b>M/W/F**</b>	<b>3:00 – 4:00 p.m.</b>
<b>M/W</b>	<b>5:30 – 6:30 p.m.</b>
<b>T/TH</b>	<b>5:00 – 6:00 p.m.</b>
<b>Friday</b>	<b>1:30 – 2:30 p.m.</b>
<b>Friday</b>	<b>5:30 – 7:00 p.m.</b>
<b>Saturday</b>	<b>9:30 – 10:30 a.m.</b>
<b>Saturday</b>	<b>Noon – 1:00 p.m.</b>
<b>Sunday</b>	<b>5:00 – 6:00 p.m.</b>

\*Admission to EMLS by swim ticket only.

\*\*Ends 11/8, but will resume mid-Feb 2007.

## Public Swim

This is a recreational swim for all ages. Lifeguards reserve the right to deny flotation devices during heavy use. Diving boards and slide are alternately opened to allow for deep water swimming. Children not meeting our height requirement of 4 feet must be accompanied into the water by an adult 18 years or older. Youth under the age of 18 must pass a swim test in order to swim in the deep end.

<b>Monday – Thursday</b>	<b>7:30 – 8:30 p.m.</b>
<b>(Mon. &amp; Wed. are shallow end only.)</b>	
<b>Friday</b>	<b>4:30 – 5:30 p.m.</b>
<b>Saturday</b>	<b>1:00 – 2:00 p.m.</b>
<b>Sunday</b>	<b>4:00 – 5:00 p.m.</b>

## Locker Room Use

Children 6 years of age and older must use the locker room appropriate to their gender.

## Family Changing Room

We now have a family changing room for those who need to assist family members of the opposite gender. Please limit use to 10 minutes.

## Family Swim

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 years of age in the water.

<b>Friday</b>	<b>1:30 – 2:30 p.m.</b>
<b>Friday</b>	<b>7:00 – 8:00 p.m.</b>
<b>Sunday</b>	<b>2:00 – 3:00 p.m.</b>

# Fitness Programs



## Masters Workout

An experienced coach supervises an interval workout of 2300 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time. Pool shared with lap swim. Begins September 7.

**Monday & Wednesday** 5:30 – 6:30 p.m.  
**Friday** 6:00 – 7:00 p.m.

## Senior Adult Water Exercise

This shallow end program provides a recreational as well as a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular system. No swimming ability required.

**Tuesday & Thursday** 1:30 – 2:15 p.m.



## Adult Water Aerobics

This 45 minute program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end.

**Tuesday & Thursday** 8:30 – 9:15 p.m.



## Adult Hydro-Fit

Hydro-Fit is a 45 minute deep water, non-impact adult exercise program that can work the whole cardiovascular system. The use of specially designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

**Monday & Wednesday** 7:30 – 8:15 p.m.  
**Tuesday & Thursday** 8:30 – 9:15 p.m.

## Have Your Next Party At Southwest Pool!

We rent Southwest Pool for special occasions. The pool is available

- Fridays 8 – 10 p.m.
- Saturdays 2 – 10 p.m.
- Sundays 6 – 10 p.m.

Fees start at \$140 for 1 hour in the pool for up to 30 people.

Some of the amenities included in your rental are

- Exclusive use of the pool, spa, and sauna
- Use of the universal gym
- We have a water slide!
- Water basketball
- Use of inner tubes
- 1-meter and 3-meter diving boards

We also have private rooms available for your rental. Please call for rates. Plus, we have a refrigerator/freezer available to store your food during your rental.

For more information please contact Matt Richardson at (206) 684-7440.



### Book your party today!

## The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3<sup>rd</sup> and 4<sup>th</sup> graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



### Pro Parks Levy





# Swimming Lesson Details



## Tots

This class is an introduction to the water for infants and toddlers 6 months to four years of age. The instructor teaches the parent how to teach the child basic water skills and water safety. Each child must be accompanied into the water with a parent/adult.

## Three Year Old Lessons

Small classes that are designed to start your child learning basic swimming skills and water safety. Children will learn the following swimming skills: basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls, and water safety skills. Child is required to complete one session of Tots. Must be comfortable in water without parents.

## Kinder Level (Ages 4 & 5)

For beginning to intermediate swimmers. Participants will learn the following skills: front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with bilateral side breathing, back crawl, whip kick, treading water, diving, and water safety skills.

## Beginning Youth (Ages 6 – 16)

For beginning to intermediate swimmers. Participants will learn the following swimming skills: front and back floats, flutter kick, crawl stroke, back crawl, bilateral side breathing, whip kick, diving, and water safety skills. Increasing strength and endurance will also be emphasized. This level corresponds to American Red Cross levels 1 through 3.

## Advanced Youth (Ages 7 - 15)

**Prerequisites:** Swimmers must have passed level 3. Participant who do not meet this pre-requisite will be moved to beginning youth if there is space available. Participants will learn the following swimming skills: greater proficiency in crawl stroke and back crawl, breast stroke, side stroke, butterfly, diving, and water safety skills. Increasing strength and endurance will be emphasized.

## Special Population Swim Lessons

Southwest Pool offers small or individualized swim classes for youth with special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. Space is limited.

## Adults

We offer swim lessons for older teens, adults, senior adults, and special populations. From the very beginner to the more advanced swimmer. Participants will learn the following skills: front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with bilateral side breathing, back crawl, whip kick, treading water, breast stroke, side stroke, butterfly, diving, and water safety skills. Increasing strength and endurance will be emphasized.

# **Swimming Lesson Schedule**

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #
<b>Tots</b> Ages 6 mths to 4 yrs	<b>1</b>	M & W	6:30 – 7:00	9/11 – 11/1	12	\$60.00	10564
		T & Th	6:30 – 7:00	9/12 – 11/2	12	\$60.00	10567
		Sat	11:30 – Noon	9/16 – 12/16	12	\$60.00	10565
		Sun	1:30 – 2:00	9/17 – 12/17	12	\$60.00	10566
	<b>2</b>	M & W	6:30 – 7:00	11/6 – 12/20	13	\$65.00	10568
		T & Th	6:30 – 7:00	11/7 – 12/21	13	\$65.00	10569
<b>Three Year Olds</b>	<b>1</b>	M & W	7:00 – 7:30	9/11 – 11/1	12	\$96.00	10542
		T & Th	4:30 – 5:00	9/14 – 11/2	10	\$80.00	10543
	<b>2</b>	M & W	7:00 – 7:30	11/6 – 12/20	13	\$104.00	10544
		T & Th	4:30 – 5:00	11/7 – 12/21	12	\$60.00	10545
<b>Kinders</b> Ages 4 & 5	<b>1</b>	M & W	4:00 – 4:30	9/11 – 11/1	12	\$60.00	10550
		M & W	5:00 – 5:30	9/11 – 11/1	12	\$60.00	10551
		M & W	6:30 – 7:00	9/11 – 11/1	12	\$60.00	10552
		T & Th	6:00 – 6:30	9/12 – 11/2	12	\$60.00	10555
		T & Th	6:30 – 7:00	9/12 – 11/2	12	\$60.00	10556
		Sat	11:00 – 11:30	9/16 – 12/16	12	\$60.00	10553
		Sun	1:00 – 1:30	9/17 – 12/17	12	\$60.00	10554
	<b>2</b>	M & W	4:00 – 4:30	11/6 – 12/20	13	\$65.00	10557
		M & W	5:00 – 5:30	11/6 – 12/20	13	\$65.00	10558
		M & W	6:30 – 7:00	11/6 – 12/20	13	\$65.00	10559
		T & Th	6:00 – 6:30	11/7 – 12/21	13	\$65.00	10560
		T & Th	6:30 – 7:00	11/7 – 12/21	13	\$65.00	10561
<b>Beginning Youth</b> Ages 6 – 16 Levels 1 – 3	<b>1</b>	M & W	4:30 – 5:00	9/11 – 11/1	12	\$60.00	10621
		M & W	4:00 – 4:30	9/11 – 11/1	12	\$60.00	10622
		M & W	5:00 – 5:30	9/11 – 11/1	12	\$60.00	10623
		T & Th	6:00 – 6:30	9/12 – 11/2	12	\$60.00	10627
		T & Th	7:00 – 7:30	9/12 – 11/2	12	\$60.00	10626
		Sat	10:30 – 11:00	9/16 – 12/16	12	\$60.00	10624
		Sun	12:30 – 1:00	9/17 – 12/17	12	\$60.00	10625
	<b>2</b>	M & W	4:30 – 5:00	11/6 – 12/20	13	\$65.00	10628
		M & W	4:00 – 4:30	11/6 – 12/20	13	\$65.00	10629
		M & W	5:00 – 5:30	11/6 – 12/20	13	\$65.00	10631
		T & Th	6:00 – 6:30	11/7 – 12/21	13	\$65.00	10638
		T & Th	7:00 – 7:30	11/7 – 12/21	13	\$65.00	10636

# **Swimming Lesson Schedule**

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #
<b>Advanced Youth</b> Ages 6 – 16 Levels 4 – 6	<b>1</b>	M & W	4:30 – 5:00	9/11 – 11/1	12	\$60.00	10612
		T & Th	6:30 – 7:00	9/12 – 11/2	12	\$60.00	10615
		Sat	11:30 – Noon	9/16 – 12/16	12	\$60.00	10613
		Sun	1:30 – 2:00	9/17 – 12/17	12	\$60.00	10614
	<b>2</b>	M & W	4:30 – 5:00	11/6 – 12/20	13	\$65.00	10616
		T & Th	6:30 – 7:00	11/7 – 12/21	13	\$65.00	10614
<b>Comp Stroke</b> Levels 5 & 6	<b>1</b>	T & Th	4:15 – 5:00	9/14 – 11/2	10	\$75.00	10724
	<b>2</b>	T & Th	4:15 – 5:00	11/7 – 12/21	12	\$90.00	10732
<b>Swim Fitness</b> Levels 5 & 6	<b>1</b>	Sat	9:30 – 10:30	9/16 – 9/23	2	\$20.00	10714
	<b>2</b>	Sat	9:30 – 10:30	10/14 – 10/28	3	\$30.00	10715
	<b>3</b>	Sat	9:30 – 10:30	11/4 – 11/25	4	\$40.00	10717
	<b>4</b>	Sat	9:30 – 10:30	12/2 – 12/16	3	\$30.00	10719
<b>Special Populations</b>	<b>1</b>	Sun	3:00 – 3:30	9/17 – 12/17	12	\$60.00	10562
		Sun	3:30 – 4:00	9/17 – 12/17	12	\$60.00	10563
<b>Homeschool</b>	<b>1</b>	Mon	2:00 – 2:30	9/11 – 12/18	13	\$65.00	11002
<b>Youth Diving</b>	<b>1</b>	M & W	6:30 – 7:15	9/11 – 11/1	12	\$90.00	10540
	<b>2</b>	M & W	6:30 – 7:15	11/6 – 12/20	13	\$97.50	10541
<b>Adult</b>	<b>1</b>	M & W	1:30 – 2:00	9/11 – 11/1	12	\$60.00	10546
		M & W	7:00 – 7:30	9/11 – 11/1	12	\$60.00	10547
	<b>2</b>	M & W	1:30 – 2:00	11/6 – 12/20	13	\$65.00	10548
		M & W	7:00 – 7:30	11/6 – 12/20	13	\$65.00	10549

- \* No lessons September 25 – October 8 for Pool Maintenance Closure.
- \* No lessons November 10 for Veterans' Day observation.
- \* No lessons November 22 for staff training.
- \* No lessons November 23 for Thanksgiving Day.

## Note –

A minimum of four students is required for all youth swimming classes. Programs may be combined or canceled if minimum enrollment is not met.

## Learn to Swim

Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for FREE swimming lessons for all 3rd and 4th grade students enrolled in Seattle Public Schools. The FREE swim lesson program is available for the first time beginner as well as the more advanced swimmer.

For "Learn to Swim" information, please call your local Seattle Parks and Recreation swimming pool or visit the web:  
[www.seattle.gov/parks/aquatics/learntoswim.htm](http://www.seattle.gov/parks/aquatics/learntoswim.htm)

Home school and private school students may apply for a voucher at the above web site.



## Fall Registration Begins August 14, 2006

- **Registration Options:**
  - ▶ Online registration begins August 14 at 7:00 a.m.
    - Log into your SPARC account at <http://egov1.seattle.gov/parks>
    - Browse for classes.
    - Make class selections for yourself and your family.
    - Pay by credit card. (Visa, MasterCard, or American Express)
    - Print your online confirmation and receipt.
  - ▶ Drop off registration begins August 14 at Noon.
    - Stop by the pool during operating hours.
    - Fill out a registration form and attach payment (cash, check, or credit card information).
    - All participants on an individual form must be on the same Family SPARC Account. Payment **MUST** accompany registration.
    - Registrations will be processed in the order received.
- Both online or drop off registrations will continue until the first day of lessons or until the class fills whichever occurs first.
- Payment by credit card number, check or cash must accompany the form. Registrations without payment will not be processed. All sessions must be paid for in full. We are not able to take partial deposits to hold a class. Credit cards will only be billed for classes that you are enrolled in. Checks or cash will be credited to your Family Account. If the participant does not get into the desired class, the credit may be left on the account or a refund will be issued if requested. Credit Card payment is preferred.
- Lesson Levels. Please read the lesson descriptions and pre-requisites carefully to ensure that your child is registered for the correct class. Please have your child pre-tested to ensure correct placement. If your child does not meet the age requirements or pre-requisites we will attempt to transfer your child to the appropriate level if there is space available. Most children take more than one summer/year to move from Beginning to Advanced Youth. We can often accommodate moving a child up if they are ready however, we usually do not have space available to move your child down if they do not meet the Advanced Youth pre-requisites.
- There is a \$5.00 or 10% fee (whichever is greater) to process a refund if you have registered your child for the wrong class.
- Participants may and should be encouraged to sign up for the entire season.
- First and Second Choices. If the first class you request is full, we will attempt to register all of your children into Second Choice classes. If all of the children can not be accommodated on the same day, you will be contacted by phone.
- **Registration Confirmation.** After the registering, you can log into your Family SPARC Account (<http://egov1.seattle.gov/parks>) to verify lesson registration days and times. Receipts are available for pick-up on the first day of lessons.





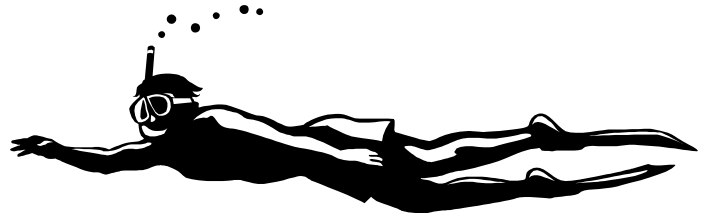


# Specialty Swimming Lessons



## Competitive Stroke Class

Learn advanced stroke techniques, turns, and racing starts while building endurance. Learn proper technique diving off the blocks and get in a good workout, too! Pre-requisite: you must have a skill level of Red Cross level 5 or higher.



## Springboard Diving

Try our diving class and learn the fundamentals of springboard diving, body position, proper form & technique, and skills. Safety will also be taught.

Pre-requisites:

- must be 10 years old
- be able to perform a standing dive from the diving board
- must have Red Cross Youth level 5 swimming ability
- Pre-test required

## Youth Fitness Workout

This program is for youth and teens ages 10 to 18 who have a level 6 swimming ability. This fitness program is designed to give young swimmers a challenging workout through interval training. This is a great way to stay in shape and keep swimming techniques sharp in-between swimming seasons.

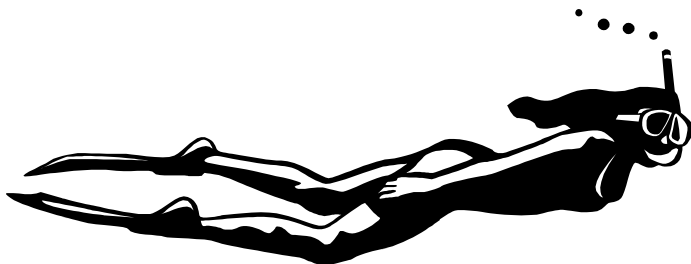
## Triathlete Swim Training

Are you planning on competing in a triathlon? Do you need some pointers on how to improve your swimming?

Sign up now for personalized instruction sessions! Sessions are 1/2 hr. To schedule call 206-684-7440. \$100 for 4 lessons.

## Home School Student Swim Lessons

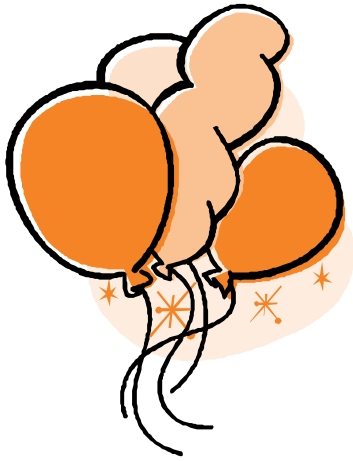
Southwest Pool is now offering American Red Cross Swim Lessons to Home School Students on Monday afternoons. Each level includes training in basic water safety in addition to swimming skills.



## Private Lessons

Southwest Pool offers private swim lessons to those interested in one-to-one attention. Private lessons allow for concentrated instruction to meet individual needs. Cost is \$25 per 1/2-hour lesson or \$35 for a semi-private lesson. Spa fee 50¢. Contact Nancy Eisner or Diane Jones, Aquatic Co-Coordination at (206) 684-7440 to schedule.

## Special Events This Fall!



### Balloon Swim

Join us for our balloon swim! Play amongst myriads of multi-colored balloons dancing on the water's surface.

**Date:** Sunday, September 24

**Time:** 2 – 3 p.m.

### Holiday Food Drive

Help support the West Seattle Food Bank. Bring in a canned item to any of our public swims listed below and get in for \$2.00. You can help others in your neighborhood and have some fun in return!

**Monday, November 6 –**  
**Thursday, November 9 7:30 – 8:30 p.m.**

*(On Monday & Wednesday the public swim is in the shallow end only.)*



### Halloween Family Swim

Looking for activities for the entire family? Come to Southwest Pool and take a dip with the pumpkins! There will be games, like the penny dive and bobbing for apples, and other fun activities. So, bring the entire family down! *Anyone under 18 years old must be accompanied in the water by an adult.*

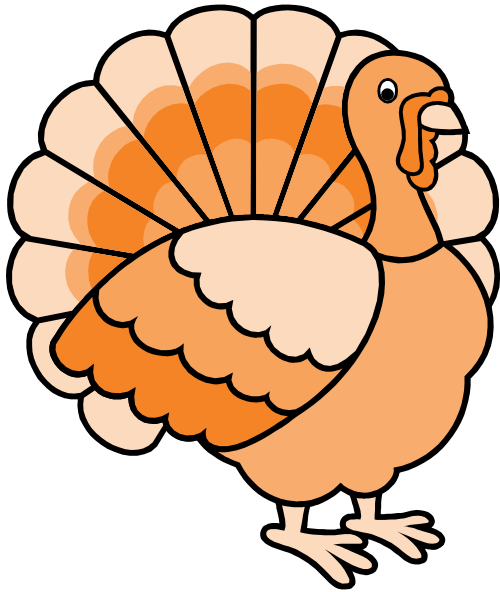
**Date:** Friday, October 27

**Time:** 7 – 8 p.m.





# Check Out Your Local Community Centers



## **Alki Community Center**

**684-7430**

5817 SW Stevens Street

## **Delridge Community Center**

**684-7423**

4501 Delridge Way SW

## **Hiawatha Community Center**

**684-7441**

2700 California Avenue SW

## **High Point Community Center**

**684-7422**

6920 34th Avenue SW

## **South Park Community Center**

**684-7451**

8319 8th Avenue South

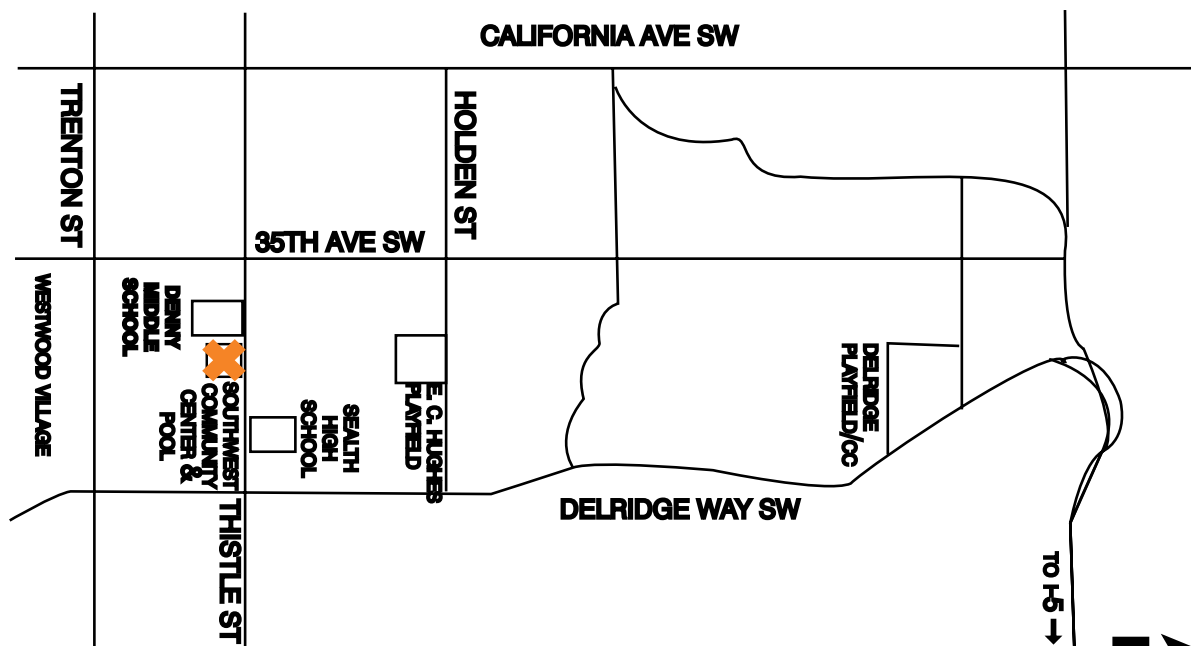
## **Southwest Community Center**

**684-7438**

2801 SW Thistle Street



## How To Find Us



**Southwest Community Center and Pool**